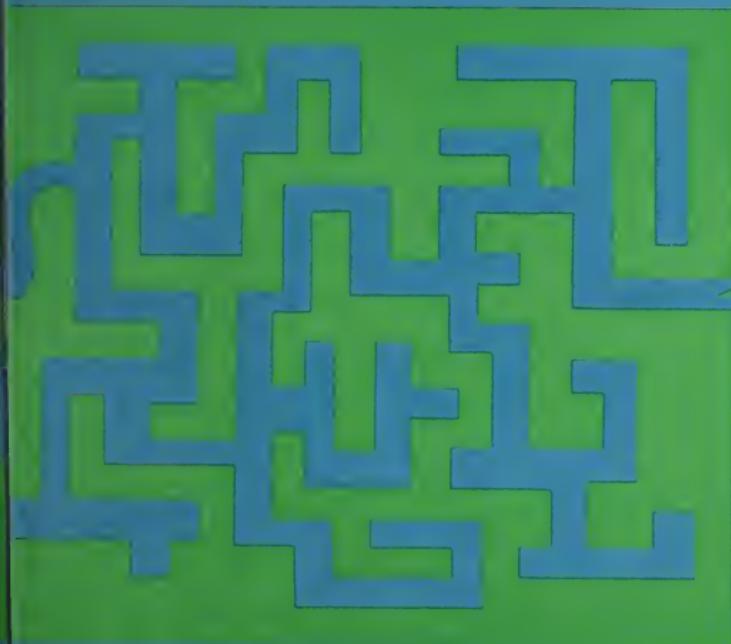


**1965 and 1966
report of the
Payne Whitney
Psychiatric Clinic of
The Society of the
New York Hospital**





525 EAST SIXTY EIGHTH STREET, NEW YORK, NEW YORK 10021

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a profile:

Payne Whitney Psychiatric Clinic

- Established 1932 as a psychiatric facility of The New York Hospital-Cornell Medical Center.
- Provides 108 Hospital beds; the Out-Patient Department had 14,026 patient visits in 1965; 15,348 in 1966; 277 in-patients were admitted in 1965, and 281 in 1966.
- Staffed by 96 psychiatrists, 23 psychiatric residents, a psychiatric nursing staff of 130 members, and professionals in the field of psychology, occupational and recreational therapy, dietetics and social service.
- Participates in research programs concerning all aspects of mental health.
- Members of the attending staff are responsible for the training of resident psychiatrists as well as for the teaching of medical students of Cornell University Medical College.



report of the psychiatrist-in-chief

Dr. William T. Lhamon

This is the first bi-annual report since the inclusion of the Westchester Division as a unit of the existing Department of Psychiatry of The New York Hospital and the Cornell University Medical College and as a partner of the Payne Whitney Psychiatric Clinic of The New York Hospital-Cornell Medical Center.

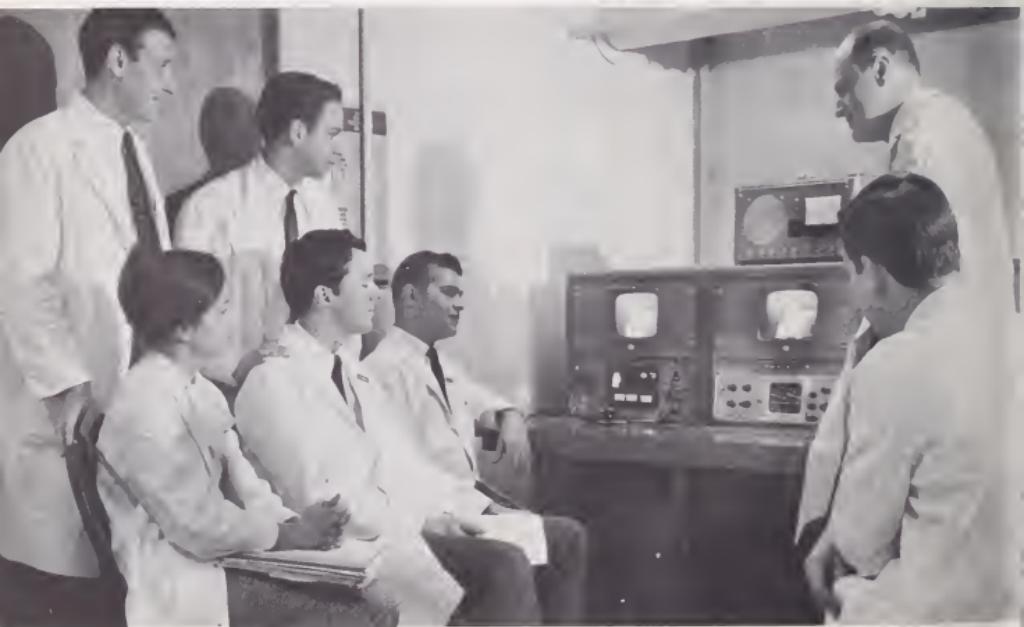
This new affiliation presented a challenging opportunity to construct an improved pattern of patient care, increased teaching opportunities and expanded investigative work through joint efforts.

Contemporary psychiatry is enjoying the impact of a rapidly increasing body of knowledge. This current accumulation of biological and psychosocial knowledge and current magnitudes of the psychiatric field with its many specializations bring new concepts to medical education. A teaching

center in psychiatry must, in addition to imparting information about the best way of managing mental illness, now also provide an exposure to new directions and some experience in how to cope with the unknown and with rapid change.

The assets of the two locations of the psychiatric services of the Department of Psychiatry have complemented each other in many ways, providing the best of care to all patients and a balanced educational experience for the physicians in training in the Department.

The Department Chairman is grateful for the continuing generous support of administration and colleagues in the College of Medicine, the governors and administration of The Society of the New York Hospital, and in particular, all members of the staff of the Department.



section I.
integrated resources
for patient care

report of the medical director Dr. Richard N. Kohl

The range and character of illnesses treated on the in-patient service in the Payne Whitney Psychiatric Clinic, during the years 1965 and 1966, did not change significantly from previous years, except for the trend toward an increasing number of admissions of the adolescent age group.

Two hundred and eighty in-patients were treated during the year 1965 and two hundred and eighty-one during 1966.

The treatment of all in-patients was enhanced by the development of a more flexible, permissive and broader therapeutic program and by strengthening interdepartmental relationships. Clinical conferences, under direction of the medical members of the staff, included representatives from all services involved in the treatment of patients, including Social Service, Nursing, Occupational Therapy, Recreational Therapy, and Educational Instructors.

Members of the nursing staff are to be commended for the manner in which they accepted and adjusted to their new responsibilities and to the changes of policies. Upon the resignation of Miss Eleanor J. Muhs as

Director of Psychiatric Nursing, Miss Jessie Weaver most ably assumed her responsibilities as Acting Director of Psychiatric Nursing. Miss Eleanor Frany was appointed Director of Psychiatric Nursing upon Miss Weaver's retirement in September, 1965.

During both 1965 and 1966, a high rate of improvement of patients at the time of discharge was maintained. Supervision of in-patients continued under the direction of Dr. William T. Lhamon assisted by Dr. Edmund A. Bashkin, Dr. Barbara J. Betz, Dr. Helen E. Daniells, Dr. Frederic F. Flach, Dr. Arthur K. Shapiro, Dr. James H. Spencer, Jr., Dr. Leonard R. Straub, Dr. Elliott L. Weitzman, and Dr. Peter G. Wilson.

The service which the Payne Whitney Psychiatric Clinic renders to the community is documented in the report of the Out-patient Department by Dr. Edward Y. Liang, its Director. The members of the staff of this department are widening contacts with the community so that all available resources will be brought to bear on the treatment and management of as many out-patients as possible. This is in keeping with the emphasis now

being placed on community mental health throughout the nation.

An important event of 1965 was the revision of the Mental Hygiene Law, governing the hospitalization of the mentally ill in New York State. This newly revised law provides for the admission of psychiatric patients, whether voluntary or involuntary, directly to psychiatric hospitals without court commitments. The establishment of a Mental Health Information Service which is available to all psychiatric patients provides new safeguards for the protection of their civil liberties. It is significant that the legislation has now enacted into law admitting procedures which have been in operation at the Payne Whitney Clinic since its founding in 1932. Since that time, all in-patients have been admitted to the Clinic and treated on a voluntary basis only, regardless of their diagnoses or the severity of their illnesses. The new law encourages voluntary admission of patients to all psychiatric hospitals whenever possible and provides for the conversion of involuntary in-patients to a voluntary status as quickly as possible. The voluntary patient is usually better mo-

tivated for treatment although at the same time he may provide a greater challenge to his physician who must rely upon his therapeutic skills to convince the patient to remain in the hospital for necessary and continued treatment.

In accordance with the increase in adolescent patients, in 1965 the adolescent educational program was broadened and coordinated with group therapy and recreational therapy. In 1966, for the first time, a program was instituted for a further sub-grouping, young adults, made up of patients who have graduated from high school but have not yet reached the age of 21. In addition to educational activities, the program consists of group therapy and recreational programs concerned with current event topics and the performing arts.

The first Medicare patients were admitted in July of 1966 and over a six-month period fourteen patients, 65 years of age and over, qualified for this service. The wider application of various health insurance plans to the treatment of psychiatric patients on an in-patient basis and the continued support by the New York City Com-

munity Mental Health service facilitated the admission of a higher percentage of patients who otherwise could not have afforded the cost of in-patient care.

There has been a considerable increase in new referrals to the Social Service Department from all clinical areas. The total social service case load increased approximately 40 percent during 1966. At the same time there was a marked increase in the number of interviews with members of the medical staff which indicates the development of a closer relationship between these two professional groups.

During the year 1965 the graduate psychiatric teaching program was enhanced by the addition of three additional assistant psychiatrists to the house staff and by a more structured curriculum for training purposes. More tutorial supervision was provided for the resident staff by increasing the number of attending psychiatrists from two to three for each resident in the program. The resident psychiatrists actively participated not only in the treatment of patients, but also in the teaching of medical stu-

dents and in the various research activities of the Clinic. Applications for residency training have increased approximately 40 per cent over 1965, and consequently more screening interviews were carried out by members of the Residency Training Committee. Members of the resident staff were given the opportunity to hear numerous lectures by many distinguished visitors and to work as psychiatric consultants on other medical services provided by the general Hospital, Memorial Hospital, Rockefeller University Hospital and the Hospital for Special Surgery.

During 1966, a closed circuit television system for audio-visual teaching was put into operation for the first time. It is expected that this will become an increasingly important addition to the resident training program.

The elective period established for senior medical students to work as Clinical Clerks in the in-patient service continued to be a valuable experience in that it provided them an opportunity for gaining first-hand information with regard to the treatment of acute psychiatric disorders and also afforded them a practical preview of psychiatry

as a medical specialty. This elective program was appraised by the students as exceptionally rewarding.

Members of the medical staff continued to contribute their services for the psychiatric treatment and counseling of students of Cornell University Medical College, students of the Cornell University-New York Hospital School of Nursing, house staff members of the general Hospital, and all Hospital personnel.

In 1966, Dr. Bertrand L. New assumed direction of the Adolescent and Child Clinics which were combined administratively in order that an expanded teaching and treatment program might be developed. A liaison service with the Department of Pediatrics as well as with certain Schools in the community which use the Clinic as their principal source of psychiatric help is expected to assume increasing importance in the work of the outpatient department.

At the close of 1965, Dr. Alexander H. Leighton resigned to take a position as the Chairman of the Department of Behavioral Sciences at the Harvard School of Public Health. Dr. Marvin Stein resigned to accept a position as

Chairman of the Department of Psychiatry at State University of New York, Downstate Medical College.

The Payne Whitney Clinic could not carry on its socially useful work without enthusiastic support from other departments and organizations associated with the medical center. The Women's Auxiliary of The New York Hospital for the first time established a liaison with the Payne Whitney Clinic and elected Mrs. W. Allston Flagg and Mrs. Lauretta D. Robinson as Board members to supervise its activities on the Clinic's behalf. Among the Auxiliary's many contributions was the installation of a modern kitchen which has become one of the most popular and useful activities in Occupational Therapy.

As in previous years, the New York Hospital Volunteer Department has continued to contribute much needed service with 32 of its members actively engaged in aiding eleven different departments within the Clinic.

The reports which follow present in more detail the various activities of all departments of the Clinic and delineate the individual contributions made by each in its total operation.



adolescent educational program

Lois J. Maharam

The adolescent school program under the direction of Lois J. Maharam, a qualified and full-time teacher, assisted patients by making it possible for them to continue their schooling in spite of having to be hospitalized for treatment of a mental illness.

The school program is accredited by the Board of Education of the City of New York which provides textbooks and curriculum outlines as well as part-time teachers to assist with this

program. Patients who satisfactorily completed required school work transferred their credits to public and private schools and thereby were able to be promoted, graduated, and in some cases were admitted to colleges while still under treatment in the Hospital.

Visual aids, radios, field trips, special tutoring and demonstrations supplemented and enriched the school curriculum. A library of classic and modern literature was established and managed by the student patients. Instruction was provided by skilled volunteers who were able to meet special curriculum requirements.

adolescent group psychiatry

Arthur A. Anderson, M.D.

The treatment of adolescent patients was augmented by group therapy designed to provide a pattern for effective interpersonal experiences and helped to make individual therapy more effective by countering difficulties arising from the adolescent patient's contradictory strivings for dependence and emancipation.

The combined program of group and individual therapy helped these young patients to resolve many of their morbid defensive reactions and encouraged active participation in their own treatment and rehabilitation. As a result an atmosphere of objective, reasonable inquiry was created.

Discussion periods in which as many as 14 young patients participated were held twice a week. Recreational and occupational therapy were provided daily. Other group activities included visits outside of the hospital and evening social hours.

The progress of the individual patients was evaluated at weekly staff seminars and monthly conferences attended by all staff members involved in the total therapeutic program.

clinic laboratory

Peter E. Stokes, M.D.

The Clinic Laboratory continued to see an increase both in the total number and type of determinations performed this year as compared with

previous years. Over the past four years the number of clinical-biochemical determinations increased 2.7 percent. Clinical hematological studies increased to a lesser degree, while clinical urinalyses and miscellaneous procedures remained at approximately the same level.

liaison service

Vernon H. Sharp, M.D.

This program is a joint venture with the Department of Medicine and facilitates the expansion of active psychiatric participation in the teaching and patient care on the medical services of the Hospital.

During 1965, the service was limited mainly to in-patients. During 1966, the service was expanded to include out-patients. In addition to supplying recommendations for treatment of specific psychiatric illnesses, the service is particularly interested in helping medical and para-medical personnel to understand better the implications of a patient's emotional problems and thereby expedite his medical and surgical care.

During the two years combined, 1,560 consultations were held, each consisting of one or more individual visits. Requests for consultation were received from all services of the general Hospital, as well as from the Rockefeller University Hospital, Memorial Hospital and The Hospital for Special Surgery.

nutrition department

Margaret Nielsen

The Department of Nutrition served 94,452 meals in 1965 and catered 66 social and professional functions. During 1966, 91,533 meals were served, less than the previous year due to increased visiting out of in-patients.

The cost of food rose slightly due to increased prices and an increased number of special diets.

In addition to other special services, cakes were prepared for patients on their birthdays.

Over half of the Department's 19 employees completed four years of service during the year. The work of the Department was greatly aided by Dietetic Interns, for whom an expanded program of instruction was developed. A nutrition library was set up in the Clinic for the use of the dietetic staff.

occupational therapy department

Margaret H. Stewart

During 1965 a fully equipped and modern kitchen was installed in the Occupational Therapy Department and proved to be an invaluable activity for individual and group therapy. A musical therapist new to the staff instituted a musical therapy program consisting of individual instruction, music appreciation and choral groups. A group for the study and appreciation of art was also established.

The number of registered occupational therapist positions was increased

from two to six and all technician positions were eliminated.

All group activities were continued successfully and expanded. Field trips took place regularly and many of the resources of the greater New York area were utilized. Detailed progress notes provided a more accurate evaluation of the patient's ability to function in occupational situations.

There was an increase in participation in clinical conferences with other members of the professional staff. Of particular value to the department were small group conferences wherein an individual patient was evaluated by all those individuals involved in his total therapeutic program. The department continued to orient all new members of the nursing staff to the occupational therapy program and to work closely with all members of the medical staff.



psychology department **Robert S. McCully, Ph.D.**

During 1965, 145 in-patients were tested, an increase of 25 percent over the previous year. Seventy-six outpatients were tested. Tests given to inpatients totaled 474; 224 tests were given to out-patients.

In 1966, 151 individual in-patients were tested, and 534 tests were administered and interpreted. For out-patients, 275 tests were administered and interpreted for 89 individual patients.

Staff additions included Dr. Lee Salk and Dr. Nancy Edwards, both of whom have appointments in Pediatrics and Psychiatry. Dr. Salk is responsible for the area of child psychology, and together with the head of Child Psychiatry, a closer program with pediatrics is being developed.

The teaching activities of the department included lectures to medical students in the pre-clinical years, the nursing staff, lecture sessions with individual medical students at the fourth year level and participation in a series of separate courses for the new residents. Dr. McCully has continued to supervise a fourth year medical student in his senior thesis-research project on art productions of patients.

psychiatric nursing

Jessie Weaver
— to September 1965

Eleanor Frany
— from September 1965

Miss Jessie Weaver retired as Acting Director of Nursing and Miss Elea-

nor Frany assumed the post as Director during the latter part of 1965.

Policies established during 1965 by the Medical Director resulted in a closer working relationship between the nursing staff, the medical staff and ancillary personnel, with consequent benefits to patient care.

Conferences and meetings of the medical staff were opened to other professional staff members. Resident psychiatrists and nursing staff members developed more effective communication for the sharing of information relative to the treatment of individual patients.

Weekly floor meetings, attended by patients, physicians and nursing staff members, and weekly clinical conferences, attended by physicians, nursing staff members and representatives of other departments, were instituted. Resident psychiatrists, designated as floor doctors, were responsible for floor management, working closely with the appropriate nursing staff.

This closer relationship among all services involved in patient care was of significant benefit to a new program for relaxing patient restrictions and extending to patients more privileges and responsibilities.

During 1965 and 1966, the group therapy program was extended to an additional group of patients, with medical and nursing staff and members of ancillary services participating. Two groups of nurses of four each observed the group sessions for a five-month period and participated in the evaluation conferences which followed. Three nurses concluded observation periods

and began functioning as co-therapists with physicians for out-patient groups.

As in previous years, the Clinic utilized students from the Cornell University-New York Hospital School of Nursing as nursing assistants. Fifty-eight nursing students completed an eight-week theoretical and clinical education program in 1965; in 1966 the number was 53. The bi-weekly Nursing In-Service Educational Program presented an annual series of ten lectures. Twenty graduate nurses completed the Graduate Nurse Seminar, and 18 nursing aides completed a 12-hour educational course. Twelve nurses received scholarships made available through the Payne Whitney Psychiatric Clinic Scholarship Fund.

recreational therapy

Grace C. Newburg

The Recreational Therapy Department had a total of 353 patients enrolled during 1965, and an average daily enrollment of 44.5 percent. During 1966, there was an average daily enrollment of 43 percent, with a total of 338 patients participating. Games and activities including informal social affairs and organized recreational trips outside the hospital continued. The facilities of the department were used on a daily basis, with many patients requesting additional time for their particular groups.

Visits out for patients were organized in groups. The participation of nurses on these outings permitted the nurses to observe patients outside the hospital setting. Under these more

relaxed circumstances, rapport between nurse and patient was often strengthened.

The recreational program for adolescents has become well established. Acting out and severe behavior problems were reduced to a minimum although the census of adolescents was higher than in the past.

The recreational therapy program broadened its scope by extending activities to the patient floors, and patients were encouraged to organize their own evening and weekend social activities.

The Entertainment and Adult Educational Program, organized by Mrs. Harvie Zuckerman of the Volunteer Department, offered a number of musical programs and lectures for in-patients.

The Patients' Library received donations of more than two hundred books, and many records were donated to the record library.

social service

Helen N. Siegrist

The Social Service Department carried a total of 703 cases and held 12,563 interviews during 1965; in 1966, the total case load was 1,006, with a total of 14,874 interviews. This represented approximately a 40 percent increase in the total case load. There was an increase of 15 percent in cases from the in-patient service. There was also a considerable increase in new referrals from the Out-patient Department and from the sections on adolescent and child psychiatry. In an in-

creasing number of cases, both parents or all members of a family were interviewed.

A second group of mothers of adolescent patients was organized for the purpose of receiving group therapy. A start was made in organizing a group of fathers of children attending the Child Psychiatric Clinic. Case workers counselled adolescents under the supervision of an attending psychiatrist.

The Social Service staff and the Occupational Therapy staff held numerous meetings to discuss the function of each in motivating the patient toward work orientation. Case workers assigned to in-patient service attended staff floor meetings and conferences. More meetings were held with attending psychiatrists than had been the case in previous years.

A directory of Recreational Resources was completed and has been distributed for the use of patients.

young adult program Helen E. Daniells, M.D.

With the beginning of the academic year in September 1966, a program for those patients who had graduated from high school but who had not yet achieved their twenty-first birthday was established. One-half of the initial group was made up of patients who had been graduated from the Payne Whitney Clinic high school in June, 1966 and who had remained in the Clinic. All but one of this segment of the group now attends a college. The remainder of the group consisted of patients between the ages of 18 and 20 who had recently been admitted.

The program was divided into two parts. The central phase of the program was group therapy, conducted two afternoons a week for one hour. On one evening there was an activities program in which the members of the group examined a topic of current interest in depth or learned to appreciate better an area of the performing arts. Eleven patients participated.

Group therapy was conducted by members of the resident staff, Dr. Leo Kreuz and Dr. Lawrence Downs, under the direct supervision of Dr. Ludwig Gerald Laufer. The activities part of the program was directed conjointly by Miss Lois Maharam, the Payne Whitney Clinic Educational Director, Miss Penelope J. Wort, Occupational Therapist, Mr. Warren Steinberg of the Payne Whitney Recreational Therapy Department, and Miss June Crowle of the Payne Whitney Clinic Nursing Department.





section II.
out-patient department

out-patient department

Edward Y. Liang, M.D.

The Out-Patient Department of the Payne Whitney Psychiatric Clinic continued during 1965 and 1966 to give service to a large number of individuals in the community. In 1965, sustained treatment was given to 1,550 patients, 85 percent of whom were adults. Individual visits totalled 15,348, a 19 percent increase over 1965; 564 group therapy sessions were held. In 1966, group therapy sessions increased to 652. The number of patient visits was 13,081, and the number of patients treated was 1,305. The visits included individual therapeutic interviews, therapeutic interviews with families, and emergency consultations, where arrangements for hospital care or other means of treatment were provided.

The source of patients is indicated by the figures for 1965. During that year, 45 percent of all new patients were referred by the various departments of the general Hospital. Thirty-five percent sought treatment of their own volition, or upon the advice of friends. Ten percent were referred by individual physicians and another ten percent were referred by community agencies.

The continuing search for more effective means of meeting the psychiatric needs of the local community re-

sulted, in 1965, in an increasing allotment of treatment hours to emergency consultations. In 1965, 1,134 new patients were seen, of whom 208 came to the Clinic without prior appointment.

The majority of these patients sought help because of acute psychiatric symptoms arising in the setting of environmental stress. They were treated until the critical emotional reaction subsided. They were then discharged, referred to their community clinic or continued in elective treatment. In all, this group of patients made 2,758 visits. The amount of psychiatric treatment time offered as an emergency service to the patients reflected the need of a large number of the populace who do not require or desire long-term individual psychotherapy.

Another service which was expanded is devoted to the care of ambulatory, chronic psychiatric patients who live in the community. Many were former state hospital patients who reside in the Yorkville area or were concurrently receiving treatment in another part of The New York Hospital. Free psychiatric services were offered to this group of patients who numbered approximately 300 in 1965, as compared with 100 in 1964.

In 1966, the needs of these two groups of patients, the emergency patient and the chronic patient on psychotherapeutic drugs, led to the formal organization of special clinics to care for their needs.

These clinics were staffed by attending psychiatrists, resident psychiatrists, and psychiatric social workers. The number of patients who were seen in these special clinics increased from 300 to 500 in 1966.

Much of the work done concerning patients in these special clinics consisted of planning and coordinating rehabilitation programs with community agencies. This work was chiefly done by the psychiatric social service workers, so that the major role of the staff members who work in these clinics broadened from that of individual therapy to a coordination of treatment within the community setting. It was common for a patient to be under treatment and to be in training with the Division of Vocational Rehabilitation as well as being a recipient of public assistance.

The Out-Patient Clinic saw a total of 520 emergency patients in 1966, many of whom were eventually followed in these special clinics. The special clinics also permitted the staff to follow systematically over a number

of years patients who have recovered from their presenting illness, so that a longitudinal study of different types of illnesses in their different social settings could be performed.

An increased number of applicants who desire treatment in the evening, but who cannot afford the cost of private care, and who cannot leave their employment during the day, led in 1966 to the creation of an evening group psychotherapy clinic with the financial support of the Community Mental Health Board. The patients who attended this clinic in the evening were fully employed, but required psychiatric help in order to maintain their effectiveness at work. Dr. Ludwig Gerald Laufer and Dr. Bernard Fisher, who had originated the teaching and supervisory program in group psychotherapy, were appointed to direct this evening clinic. They began their work in expanding this area of treatment in September, 1966, and by December, 1966, had under their supervision a total of 13 groups totaling 111 patients, half of whom were treated in the evening. Group meetings numbered 52 a month.

An investigation of the procedure for the evaluation and assignment of patients indicated that there was an inadequate follow-up of patients whose

names were placed on the waiting list for treatment. In consequence, a system was devised for the assignment of patients on the waiting list to members of the Psychiatric Social Service Department as well as to attending physicians to maintain contact with these patients until assignment for regular treatment was made. This procedure helped to reduce the number of early drop-outs in regular treatment as well as affording the patient the feeling that he had not been neglected.

A service was set up under the direction of Dr. Stuart Edelson to provide psychiatric consultation to the Out-Patient Department of Obstetrics and Gynecology. Dr. Edelson held weekly meetings with the staff of that Department to discuss problems involving the clinical management of psychiatric patients who were being treated in that Department.

Dr. Daniel J. O'Connell, a former psychiatric resident, joined the staff as a consultant to develop a series of seminars with members of the clergy in the community. An exchange of information would, hopefully, provide the basis for a program to assist the clergy in the management of psychiatric problems encountered by them.

A liaison consultation service has been set up with the School of Nursing,

with Dr. Edward Y. Liang and Dr. Daniel O'Connell participating. They meet regularly with Mrs. Edna Johnson, the Social Director of the School of Nursing for work in preventive psychiatry.

Dr. Bertrand New assumed direction of the Adolescent and Child Clinics which have been combined administratively in order to render service and teaching more effective. His new staff members include Dr. Bradford Judd, a psychiatrist, and Dr. Lee Salk, a psychologist. An active liaison service was established by Pediatric Psychiatry with the Pediatric Department of The New York Hospital, as well as with the local school community.

During 1966 there was inaugurated an expanded program in child psychiatry. A Child Psychiatry Section was set up under the joint auspices of the Departments of Pediatrics and Psychiatry. Pre-existing programs such as Pediatric Psychology, Child and Adolescent Out-Patient Psychiatric Clinics and others, were joined together in a program of patient service and professional training.

Six part-time attending child psychiatrists, two psychologists specializing in children's work, three full-time social workers were active in this program. In addition, a full-time nursery

school teacher and mental health nurse participated in the program. With this staff, a monthly treatment load of approximately 50 cases and a diagnostic load of about 20 new cases was achieved by the end of 1966. Additional consultations on a formal and informal basis increased the number of patients who benefited from this service.

Dr. Albert C. Sherwin, who headed child psychiatry during 1965, remained as an active member of the psychiatric staff.

Dr. Francis D. Kane, the Assistant to the Director of the Out-Patient Clinic, engaged in a review of the efficacy of treatment in the Psychopharmacology Clinic, as an increasing number of chronically ill patients applied to the Clinic for treatment. In 1966 there were 504 chronic patients compared to 300 in 1965.

An expansion of the teaching program for elective students so that they may help in the evaluation and treatment of acute psychiatric problems in the Out-Patient Service was undertaken.

A regular teaching seminar for psychiatric social workers, who were being trained to treat patients in family groups and in marital counseling as

well as individual psychotherapy, was conducted by Dr. Michael Selzer. Dr. Selzer joined the staff as a tutor for the fourth year student group and the third year residents. Fourth year medical students were taught by Dr. Esra Peturssen, who rejoined the staff; Dr. Peturssen also served as a consultant to the Psychiatric Social Service. The same duties were discharged by Dr. Edwin Church and Dr. Albert Sherwin. Dr. Allison B. Landolt, a member of the out-patient service for many years, was assigned as consultant to the Cardiac Out-Patient Clinic to assist in the evaluation and management of patients who were undergoing or had undergone cardiac surgery.

There had been an increasing number of patients on public assistance admitted to the In-Patient Service, and who of necessity were followed after their discharge by the Out-Patient Service; there were also many referrals from the In-Patient to the Out-Patient Service.

Dr. David J. Gardner went on leave of absence as Assistant to the Director of the Out-Patient Service in February, 1966, because of military service. At that time, Dr. Francis D. Kane became the Assistant to the Director of the Out-Patient Service.



section III.
research
activities

adolescent psychiatry

An adolescent in-patient exploratory survey project, entitled "A Comparative Adolescent Mental Health Pilot Survey," is being conducted under the direction of Dr. Arthur A. Anderson. The project is a mental health survey of adolescents, ages 14 to 18, consisting of a descriptive study of two groups, one healthy and one ill, over a five-year period. Each year 12 to 15 adolescent patients hospitalized at the Clinic and a group of healthy high school students are being studied.

Emotionally maladjusted and well-adjusted groups of children are scrutinized and compared in order to uncover predictable differences in the healthy and pathological development of these children. The survey tests the hypothesis that mental illness results from repetitive lack of reality orienting supporting figures during situational and maturational crises of the individual's growth and development.

Comparison measures are made on initial contact with both groups. The overall objective of the survey is to determine long-range treatment results of hospitalized adolescents and to improve the understanding, prevention and treatment of psychiatric disorders.

child psychiatry

A study of psychiatric impairment in children between the ages of three and thirteen was made in which a questionnaire was developed and given to the parents of three groups of children. One group was known to be psychiatrically impaired, the second group was presumed free of impairment and the third was comprised of a sample group selected from the community at large, for which the examiners had no prior knowledge of the psychiatric status of the children involved. Findings were submitted to statistical analysis as well as clinical evaluation.

The questionnaire was found to be a reliable method for detecting the presence of psychiatric impairment in children. This study was conducted by Dr. Albert C. Sherwin.

In another area of research, emotional factors in diabetic children were studied. This project was conducted by Dr. Traer Van Allen, Assistant Attending Psychiatrist, in association with Dr. Lawrence E. Hinkle, Jr., Director, Division of Human Ecology, and Dr. Maria I. New, Assistant Attending Pediatrician and Director of the Pediatric Endocrine Clinic.

clinical laboratory studies

Studies on the effects of alcohol and white cell phagocytosis and mobilizations and white cell migrations were continued during the year under the direction of Dr. Peter E. Stokes, head of the Clinical Laboratories. Reports of this material were presented to the American Society for Clinical Investigation and the American Federation for Clinical Research.

Data collected in these studies has demonstrated that there is a markedly decreased white cell accumulation in areas of skin irritation and a marked decrease in leukocyte phagocytosis in humans after they have received alcohol. This data supports previous findings of increased susceptibility to infection of animals given alcohol prior to the injection of the infecting agent. The current studies have revealed a decrease in leukocyte migration within homologous serum clots when the leukocytes have been exposed to alcohol or acetaldehyde in the serum.

Studies on the effect of alcohol on time judgment were resumed. The current data is being obtained through randomized series of tones presented by a magnetic tape through earphones.

Normal subjects rather than patients are being studied in an attempt to limit the number of variables, (i.e., psychopathology) that may influence judgment of time durations.

A large group of data has now been collected in regard to circadian rhythm of plasma cortisol concentrations in depressed patients. This material has been collected in conjunction with Dr. Paul McHugh, Physician in Charge of the general Hospital's Electroencephalographic Laboratory in the Department of Neurology. To date the previous findings of elevated plasma cortisol in a high percentage of patients with depression have been reaffirmed. In addition the diurnal curve has demonstrated a tendency to deviate from the normal in that the elevated plasma levels observed in the morning tend to persist for longer periods of time through the day with occasional elevations even persisting late in the afternoon and early evening. A small amount of data collected in the night have revealed normal (low) levels of steroid at this time.

In addition a program was begun to assess the relative adrenal-pituitary level of activity in these depressed pa-

tients. A significant percentage of the patients studied reveal a very abnormal activity of the pituitary which is not suppressed by usual doses of exogenous glucocorticoids that would suppress pituitary ACTH in normal individuals. This kind of activity parallels that seen in Cushing's Syndrome. The data raises many interesting implications in regard to behavior and abnormal endocrine function.

history of psychiatry

During the past two years Dr. Eric T. Carlson and Meribeth M. Simpson, Research Fellow, continued to pursue their studies of the concept of mental illness as it developed in the United States. The material, which deals with pathogenesis, encompasses the years from 1690 to 1820. This includes a period of development in ideas from witchcraft through those of Benjamin Rush.

Dr. Oskar Diethelm, Professor Emeritus, continued work on his bibliography of pre-1750 medical theses dealing with psychiatric subjects.

Dr. Jacques M. Quen has continued to study Isaac Ray's work during his years in Philadelphia. Dr. Ralph Baker has been exploring the legal con-



cept of psychiatric illness in 18th century French psychiatry, while Dr. Marie-Louise Schoelly is studying the theoretical orientation of Johann Christian Heinroth.

The department's working research seminar continued to meet every two weeks. Presentations were made by staff members and by a number of scholars from Eastern universities.

The Section's conviction that the field of the history of the behavioral sciences can be furthered by encouraging cross disciplinary training led to a research fellowship program for historians, which began in 1965 with the appointment of Dr. Dorothy Ross as a postdoctoral fellow supported by an N.I.M.H. grant. Dr. Ross is finishing her biographical study of G. Stanley Hall, the famous early American psychologist. In 1966, the first predoctoral fellow was added in the person of Stephen Kern, a graduate student of Professor Rudolph Binion at Columbia University. Mr. Kern, who is also supported by a fellowship grant from the N.I.M.H., has a long-range interest in the history of childhood, and as part of this concern, is doing his doctoral dissertation on Sigmund

Freud's concept of the child.

At the end of 1965 the holdings of the Oskar Diethelm Historical Library totaled 8,696 works. During the year, the collection grew as follows: 119 rare books through contributions from the Friends of the Oskar Diethelm Historical Library, 42 rare books through special contributions of books or funds, 156 annual reports for a total of 317 rare works added to the Library. Another 95 modern reference works were also added.

At the time that the departments of psychiatry at the Westchester Division and the Payne Whitney Psychiatric Clinic were combined into one administrative unit, it was also decided to incorporate appropriate historical works that still remain at the Westchester Division into the Oskar Diethelm Historical Library. Only a limited start has been made on this task. Much of the financial support of the library continued to come from staff and non-staff members of the Friends of the Oskar Diethelm Historical Library, which is in its third year of existence. During the past year, 80 members supported the library through their generosity.

human ecology

The research activities of the Division of Human Ecology, Departments of Medicine and Psychiatry directed by Dr. Lawrence E. Hinkle, Jr., were concerned primarily with a five-year prospective study of the relation between occupational experience, personality traits and the occurrence of coronary heart disease among the 260,000 male employees of a nationwide industry. The staff engaged in these studies included epidemiologists, statisticians, physicians, sociologists and psychologists working in collaboration with the medical departments of the companies in the industry.

A second research activity of the Division has been the long-term continuous observation of the human electrocardiogram under the conditions of daily life. This work is carried on in collaboration with the Division of Cardiology. During the past several years, more than 500 men and women of various ages and various states of health have been monitored throughout a carefully devised program of activity designed to reproduce many of the features of ordinary daily life.

A third area of study for the Division was the experimental investi-

gation of the relationship between hunger, appetite and obesity and the effect of various appetite depressant drugs. These investigations were carried on in the J-2 Medical Clinic under the direction of Dr. Sydnor B. Penick. Research on vascular headache was conducted in the same clinic by Dr. Hinkle.

metabolic studies in depressed patients

Drs. Frederic F. Flach and Farouk F. Faragalla continued to investigate changes in mineral metabolism in depressed patients through the use of radioactive isotopes, in particular calcium 47. These studies were supplemented by a project involving radiologic evaluations of bone changes in depressed patients which was carried out in collaboration with Dr. Paul Saville of the Hospital for Special Surgery. Special studies, aimed at determining the electrical potentials in the brains of normal and depressed persons, were initiated by Dr. Flach.

Dr. Faragalla extended his studies of mineral metabolism in animals, developing methods for the determination of the distribution and kinetics of calcium and chloride in brain tissue.



psychology

Research activities in the Department of Psychology included the completion of Dr. Bernard Landis' investigation of some of the constructs underlying the nature of ego boundaries and Dr. Robert S. McCully's survey of training practices in teaching of projective techniques throughout the country. Dr. McCully also completed a study on some aspects of the Rorschach testing method and participated in a study of the response of obese patients to weight reduction with a research team in the Department of Human Behavior and Metabolism at Rockefeller University.

psychosomatic and psychophysiologic studies

Relationships of early experience to the course of respiratory disease and respiratory behavior under stress in humans and smaller animals was under study by Dr. Marvin Stein with the aid of the physicians listed below and Dr. Peter E. Stokes.

Critical periods relating to sexual development and behavior in rats in various schedules of hormone administration were investigated by Dr. Raul Schiavi and Dr. Catherine Fales.



This group also studied the effect on free field behavior and "emotionality" in rats of early handling experience.

Dr. Thomas Luparello continued his studies of stress-produced ulcer production in rats.

Dr. Stein together with Dr. Fales and Dr. Vernon Sharp made a detailed study of suicide in relation to separation experiences.

social psychiatry

The Cornell Program in Social Psychiatry under the direction of Dr. Alexander H. Leighton was concerned with the occurrence and distribution of psychiatric disorders and the relationship of such disorders to socio-cultural factors. This research was conducted in both rural and urban areas. In addition, a main research effort of the Program staff was validating psychiatric information gathered by questionnaire and other sociocultural and anthropological techniques against clinical information and judgments.

The development of techniques for large scale case findings was another interest of the Program, including the development of computer methods for analyzing psychiatric data. Projects

were conducted in New York City, Nova Scotia, Nigeria and San Mateo County, California.

The research staff of the Program included Drs. Morton Beiser, Nicholas Freydberg, Dorothea Leighton, Edward Liang, Jane Murphy, Richard Sallick, William Smith and Stanley Michael, and Mr. Joseph Kern.

social services

Financial support was received for a research study to validate the apparent need for specialized residential resources for adolescents following hospitalization who, because of their emotional problems, should not return to their homes and should not live entirely independently.

There were three major aspects. Case histories of all adolescent patients hospitalized from 1960 to 1965 were studied in regard to demographic variables, social and psychological data and aftercare recommendations made by the treating psychiatrist. Substantial information on community residential resources was compiled and studied. Other treatment programs for adolescents at selected institutions were studied with particular reference to specialized residential resources.

This study was conducted by Miss Shirley Moser under the direction of Dr. William T. Lhamon.

staff library

**Altagracia Miranda, Librarian
—to September 1966**

**Mary A. Anderson, Librarian
—from September 1966**

The staff library facilities consist of two sections, the Medical Library and The Oskar Diethelm Historical Library.

In 1965, the Medical Library was enlarged by the addition of 425 monographs and 196 periodicals. The Oskar Diethelm Historical Library received 425 monographs, 8 periodicals and 2 theses, gifts of individual donors and Friends of the Library.

During 1966, the Medical Library was enlarged by the addition of 488 monographs, 124 periodicals, 156 annual reports and seven theses. In 1966 the Oskar Diethelm Historical Library received 161 rare books, gifts of the Friends and regular donors, 95 modern reference works, 156 annual reports and 7 theses. The library now contains 8,675 monographs, 4,012 periodicals and 166 theses of the 16th, 17th and 18th centuries.

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Staff members and models posed for the pictures in this report.

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